

# ANCHOR WATCH

July - August 2014

DEEY

DRUG EDUCATION FOR YOUTH



# CONGRATULATIONS

TO THE FOLLOWING PERSONNEL ON THEIR SELECTIONS AS NIOC MARYLAND

SAILORS OF THE QUARTER

Senior Sailor of the Quarter - PO1 Sorenson  
Sailor of the Quarter - PO2 Killebrew  
Junior Sailor of the Quarter - PO3 Mazzone

DEPLOYERS OF THE QUARTER

Senior Deployer of the Quarter - PO1 Ferriol  
Deployer of the Quarter - PO2 Camburn  
Junior Deployer of the Quarter - PO3 Shoemaker

SEA SAILORS OF THE QUARTER

Sea Senior Sailor of the Quarter - PO1 Reddick  
Sea Sailor of the Quarter - PO2 Cormos  
Sea Junior Sailor of the Quarter - PO3 Seamans

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Staff  
Commanding Officer  
Capt. Donald Elam  
Executive Officer  
Cdr. Owen Schoolsky  
Command Master Chief  
CMDM(IDW/SW/AW) Alicia Barnes  
Public Affairs Officer  
Lt. Robert Tuohy  
Public Affairs Staff  
PO1(SW/AW) Jeffrey Ballge  
PO2(SW/AW) David Finley Jr.  
PO2(SW) James Turner

ANCHOR WATCH  
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A MESSAGE FROM:

LCDR Jaime L. Longobardi  
MC USN  
NIOC Maryland  
Kimbrough Ambulatory Care Center

Did you know that you can view your recent lab tests, radiology reports, immunizations, and military treatment facility notes on the internet? Tricare beneficiaries now have access to their electronic medical records via [www.tricareonline.com](http://www.tricareonline.com). Setting up your account is easy and after it is completed you can add new appointments and review scheduled appointments.

Another commonly underused resource is Military One Source. Everyone knows that local face-to-face counseling services are available, but did you know that you can schedule telephone and online counseling? There are life coaches available to help you identify and reach your short term and long term goals? Some examples are improving your physical fitness, or working on weight loss. MP3 downloads can be found that will walk you through relaxation techniques, called "Chill Drills". Also available are useful tools to help you organize your finances or even assist in adoption. I would recommend everyone go to [www.militaryonesource.mil](http://www.militaryonesource.mil) and search around through the wide range of services available. You may find something you did not even know you needed.

Finally, if heightening your fitness level is a goal, there are several free web sites that have smart phone apps available. Lose It! and My Fitness Pal are great tracking tools that include bar code scanners and thousands of preloaded foods and exercises to easily track calories in and out. Give one a try.



## NIOC Maryland held its Annual Command Picnic at Burba Lake Park on Fort Meade, 6 August 2014

Command members, along with friends and family were offered lunch and participated in a variety of fun outdoor activities. The purpose of the picnic was to help promote good welfare and camaraderie as well as give the NIOC team a chance to enjoy some relaxation time before the end of summer.





# Transitioning out of the Military? Meet Ms. Stangee!



Pennsylvania Native and retired Navy Chief Petty Officer Mrs. Pamela Stangee was recognized for all of her hard work, dedication, and loyalty towards servicemembers, DOD members, and their Families. She was named the 2nd Quarter Civilian of the Quarter for Navy Information Operations Command Maryland.

“I am honored that the Director of Fleet and Family Support Center and my supervisor Mrs. Joyette Weber recognizes my services and professionalism and nominated me for the civilian of the quarter,” said Stangee.

Mrs. Stangee discovered her passion for taking care of people, while serving in the Navy as a Chief Petty Officer Cryptologic Technician (Collection) and the Command Managed Equal Opportunity (CMEO). She admits that passion was one of her contributing factors for her decision to turn down orders to Rota, Spain and retire after 22.5 years of service. You wouldn’t be able to tell she isn’t a Sailor by her personality and her co-workers often tease her by saying, “She thinks she’s still in the Navy.”

“I know I’m no longer in the Navy, but my heart belongs to the Navy,” said Stangee. “I love the Navy, but my true passion is helping all servicemembers, DoD employees, retirees, and all of the families who are transitioning back into civilian life.”

After retirement, Mrs. Stangee lives with the belief that it’s never too late to pursue your educational goals. She earned a Bachelor’s of Science in Management Studies from the University of Maryland University College and she was also prompted by a fellow Chief Petty Officer to pursue her Associates degree which she completed by taking one class at a time.



Stangee also has received numerous certifications for multiple programs since her retirement such as; Myers Briggs Personality Inventory, Federal Job Search Instructor, and Job and Career Transition Coach. If that wasn’t enough, she also completed the Career Development Facilitator Training as the only civilian invited to attend the course designed for military personnel and she has completed multiple Employment and Transition related trainings and webinars.

Stangee is presently working at her dream job as the Transition Assistant Program Manager at the Fleet and Family Support Center, but she has also worked many positions since she retired from Naval Security Group, Ft. Meade MD in 1998. She started out at FFSC serving as the Transition Assistant. Her other job positions held include; Spouse Employment Program Manager, Relocation Manager, Sponsorship Coordinator, Deployment Coordinator, Exceptional Family Member

Coordinator, Ombudsman Coordinator, Information and Referral Manager and she finally achieved her title which she currently holds.

Mrs. Stangee has served the military either as an active duty Sailor or as a government employee for more than 40 years combined. Even though she is no longer an active duty Sailor she still exemplifies what it is to be a Sailor by sticking to the Navy’s Core Values of Honor, Courage, and Commitment.

For information about transitioning out of the Military contact Mrs. Pamela Stangee.

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Fort Meade, MD 20755

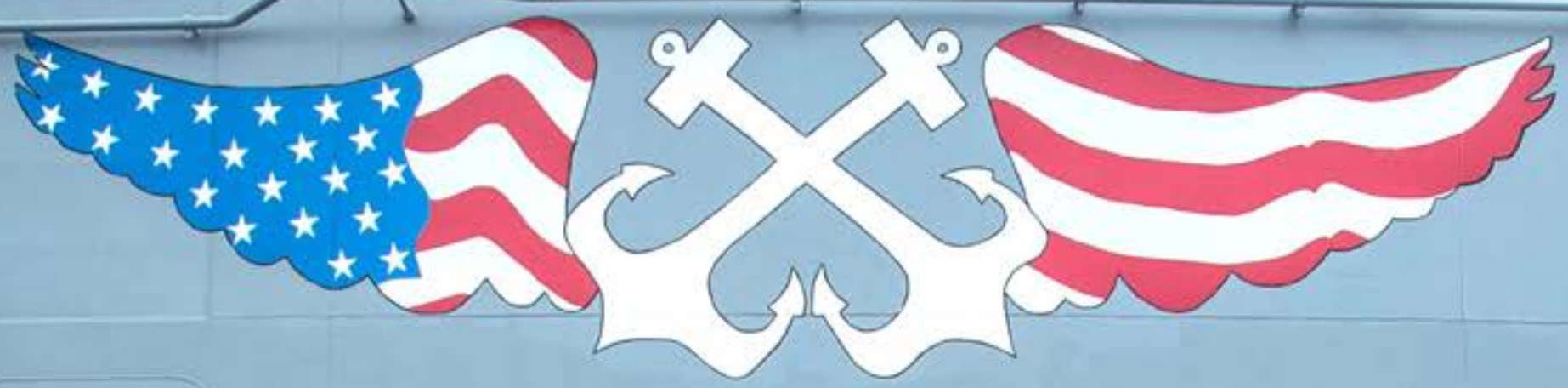
## Please congratulate the following Chief Petty Officer Selectees from NIOC Maryland & NIOD Alice Springs!

- CPO(Select) Clayton Anderson
- CPO(Select) Luke Baden
- CPO(Select) Ross Ballard
- CPO(Select) Bernadette Cherry
- CPO(Select) Zechariam Clark
- CPO(Select) William Cooke
- CPO(Select) Joshua Dunbar
- CPO(Select) James Ellis
- CPO(Select) Kate Greifzu
- CPO(Select) Brandon Helms
- CPO(Select) Jennifer Hinkley
- CPO(Select) Darniel Hitchcock
- CPO(Select) Nathan Hutter
- CPO(Select) Thomas Jack
- CPO(Select) Anthony Kelly
- CPO(Select) Patrick Kennedy
- CPO(Select) Glenn Martin
- CPO(Select) Bradley Merrill
- CPO(Select) Nicholas Messina
- CPO(Select) Victor Mobley
- CPO(Select) Gregory Moore
- CPO(Select) Omaira Morales
- CPO(Select) Gordon Morrey
- CPO(Select) Diana Pan
- CPO(Select) Scott Patterson
- CPO(Select) Brian Schooley
- CPO(Select) Naomi Shady
- CPO(Select) Jonathan Sharier
- CPO(Select) Vernon Smith
- CPO(Select) William Tavary
- CPO(Select) Keyon Thompson
- CPO(Select) Genevieve Tokarski
- CPO(Select) James Toole
- CPO(Select) David Trattner
- CPO(Select) Zachary Urban
- CPO(Select) Wayne Villars
- CPO(Select) Jeffrey Wahl
- CPO(Select) Aisha Young
- CPO(Select) Natal Zeno





# SAILORS TO SEA ABOARD USS IWO JIMA (LHD7)



BEWARE OF JET BLAST AND ROTORS

JACK LUCAS AIRFIELD







# SAILORS TO SEA

Navy Information Operations Command (NIOC) Maryland and a U.S. Cyber Command Sailors volunteered to spend a week at sea aboard Multipurpose Amphibious Assault ship USS IWO JIMA ( LHD 7 ) to experience their first underway as part of the command's "Sailors to Sea" program June 16.

NIOC MD's Commanding Officer, Executive Officer, and Command Master Chief, have final approval authority on who participates. The command prefers Officer and Enlisted Sailors who have not received an opportunity to experience life at sea.

"The program allows our Sailors to observe the great things their peers are accomplishing in the fleet, and it shows them how their work here at the command affects the big picture," said Command Master Chief Alicia Barnes, Program Manager.

The intent of the program is to send Sailors to ships homeported in Norfolk, VA once per month, but flexibility is a factor in determining ship availability due to underway scheduling.

"We prefer smaller ships such as cruisers, destroyers, and frigates rather than large deck ships since they have a greater availability of underway periods," said Barnes.

More than 60 Sailors have participated in the program so far, with more awaiting the next opportunity. While underway NIOC Sailors observe vital skills from shipboard Sailors attached to Engineering, Deck, and Combat Systems departments.



Fleet Cyber Command Sailor Seaman Joshua Sunderman thought the camaraderie aboard the ship was great.

"To actually witness how the shipboard Sailors work together to accomplish their mission is truly amazing," said Sunderman. "They have such strong camaraderie. They work together, live together, eat together and enjoy liberty together. They are like one big family."



NIOC Sailor Petty Officer 3rd Class Michelle Noble said she joined the Navy expecting to go to sea and when she found out she wasn't, she was disappointed.

"It was hands down the most gratifying week of my Naval career," said Noble. "I worked long days with DCs-and one particular day was awful, but after pulling those long hours and eating cereal during midrats with the other DCs we bonded with, made it well worth it."



NIOC MD plans on giving more Sailors the opportunity to experience life underway by utilizing the "Sailor to Sea" program. If you are interested in being a candidate, speak with your chain of command.







#### DEFY's Goal

To empower military youth to build positive, healthy lifestyles as drug-free, successful citizens.

#### DEFY's Mission

To improve combat readiness by providing a drug demand reduction and comprehensive life skills program designed to improve youth resiliency and strength.

#### DEFY's Vision

To combat the global war on terrorism and other threats facing our nation, the Navy and Marine Corps team requires highly trained and skilled professionals. These professionals must be focused and clearly dedicated to the tasks at hand to accomplish mission objectives. Distractions play a major role in personal injury, property loss, and loss of mission accomplishment.

During periods of forward deployment, the families of Sailors and Marines remain behind with a burden of maintaining the family home front in the absence of one or more parents. Maintaining quality of life for military families is essential to help ensure deployed personnel are able to alleviate some of the anxiety inherent with leaving family behind.

To that end, DEFY's purpose is to produce 9-12 year-olds with character, leadership, and confidence so that they are equipped to engage in a positive, healthy lifestyles as drug-free citizens and have the necessary skills to be successful in their lives through coordinated community participation, commitment, and leadership.

The program develops youths through drug education, leadership and character development, positive role model mentoring, and community outreach to enhance the quality of life for military personnel and their families. Through application of the DEFY curriculum, the program strengthens protective factors in youth and families and reduces those risk factors identified with substance abuse, gang involvement, and crime. By strengthening families through encouragement and development of positive life skills in youth, Navy and Marine Corps members are better able to concentrate on their mission and ultimately help ensure mission accomplishment.



FORT GEORGE G. MEADE, Md.- Navy Information Operations Command Sailors volunteered to kick off another year of the Drug Education for Youth (DEFY) program for children between the ages of 9 to 12, July 23.

DEFY was developed by the Department of the Navy's Drug Demand Reduction Task Force, who hosted the first camp for 13 children in 1993. Since then, DEFY has spread to more than 50 sites worldwide, helping hundreds of children stay away from drugs.

"They come to the program and we inspire them," said Petty Officer 1st Class Fleming, Volunteer Mentor. "Because of this program, they come back every year, and they just learn. They just want to do more." The entire DEFY program lasts a

year and consists of four integrated components. Phase one is focused on classroom-learning environment. Throughout phase one the children participated in team challenges, fitness exercises, lessons focused on abstaining from drugs, and setting goals, among other activities.

"This is the best thing I have done all summer," said DEFY Youth Participant Darion Gray."

"I liked meeting everyone because everyone I met had at least one thing that was different from me," said DEFY Youth Participant. Isabella D'Alessio. "It wouldn't have been as fun if everyone was alike."

"Overall DEFY is a great experience for both the children and the Mentors," said Petty Officer 2nd Class Dericca

Hurricane, Volunteer Mentor. "Some children may not feel comfortable discussing drugs with their parents or guardians and this program is an open forum for the children to be able to ask with someone in a fun environment. "It's a great way for the children to become informed on the dangers of drugs and gangs as well as develop relationships.

For more information visit [http://www.public.navy.mil/bupers-npc/support/21st\\_century\\_sailor/nadap/defy/Pages/default2.aspx](http://www.public.navy.mil/bupers-npc/support/21st_century_sailor/nadap/defy/Pages/default2.aspx)

Or call DEFY contact (901) 874-3300











# SAILOR IN THE SPOTLIGHT

Petty Officer 3rd Class Devan Kovarek

## Why did you join the military?

It's always been a plan of mine to join the military. After I graduated high school, I didn't know what I wanted to major in so I followed in the footsteps of a few of my family members. My aunt is a Navy Officer here at Fort Meade and both my Uncles served in the Air Force. They influenced me to join the Navy because they said they wished they joined the Navy instead, after working closely with Sailors.

## How did your family and friends respond to you joining the military?

Coming from a military family, they felt I was making a good decision. Especially since I didn't know what I was going to major in. My family thought joining would be a great opportunity for me to travel and do things that majority of my peers would not be able to see and do.

## Why did you choose your rate?

Originally I wanted to be a Diver, but I was told I can't because I am color blind. They provided me with the list of rates that were available for people who are color blind and I thought I would like the rate I chose the most. I'm looking forward to finally being able to see what it's all about after I complete INDOC.

## When you feel homesick how do you keep in touch with your friends and family?

My parents do very well with keeping in touch, so I don't ever really feel homesick. I do call and Skype my girlfriend whenever I have a chance.

## What do you do in your free time outside of work?

I play and collect guitars. My favorite guitar that I own is a Paul Reed Smith Custom 24, and I like to play all kinds of music, anything from Reggae to Classic Rock.

## How did you develop your interest in guitars?

My father has been in a band since he was in high school back in the 80's. He gave me my first guitar when I was four and I didn't really start playing seriously until around age 11. I've never been committed to just one band, but I have played for other bands, participated in talent shows, and played for my church.

## Would you like to meet other musicians here and possibly start or join a band locally?

I'm interested in joining a group or starting one here. I love playing and it's always nice to be around people who share your same interest.

## What are some of your future goals for the Navy?

My short term goal would be to earn my EIDWS pin and become proficient in my job. Long term I would like to apply for the Academy and earn a commission.

